

# Aquatic Programs



## swimming classes

**Loma Verde Pool** 691-5081  
1420 Loma Lane

**Parkway Pool** 691-5088  
385 Parkway

### Swimming Class Registration

You can register for swimming classes on a space available basis at the pool where the class is held. Registration begins August 28 from 3 - 7 pm, Monday - Friday until classes are full.

### Fall Swimming Classes

Session 1	September 11 - 22
Session 2	September 25 - October 6
Session 3	October 9 - 20

### Parent and Tot

**Ages: 6 mos.-3 years**

Here's a great way to spend quality time with your child. Relax and provide your child basics in water adjustment and safety skills in a warm, social environment.

**Session Fee:** \$27 Resident  
\$41 Non-Resident

<b>Sessions 1-3</b>	<b>Loma Verde Pool</b>
<b>#7005</b>	Mon - Fri 4:00 - 4:30 pm
<b>#7007</b>	Mon - Fri 5:20 - 5:50 pm

<b>Sessions 1-3</b>	<b>Parkway Pool</b>
<b>#7008</b>	Mon - Fri 4:00 - 4:30 pm
<b>#7010</b>	Mon - Fri 5:20 - 5:50 pm

### Tiny Tots

**Ages: 4-5**

Water adjustment, safety skills and basic introductory swimming skills are presented in a fun, aquatic environment.

**Session Fee:** \$27 Resident  
\$41 Non-Resident

<b>Sessions 1-3</b>	<b>Loma Verde Pool</b>
<b>#7005</b>	Mon - Fri 4:00 - 4:30 pm
<b>#7007</b>	Mon - Fri 5:20 - 5:50 pm

<b>Sessions 1-3</b>	<b>Parkway Pool</b>
<b>#7008</b>	Mon - Fri 4:00 - 4:30 pm
<b>#7010</b>	Mon - Fri 5:20 - 5:50 pm

### Learn to Swim

**Ages: 6-16**

Level 1-6 swimming skills and personal safety skills for beginning, intermediate and advanced students.

**Session Fee:** \$27 Resident  
\$41 Non-Resident

<b>Sessions 1-3</b>	<b>Loma Verde Pool</b>
<b>#7211</b>	Mon - Fri 4:40 - 5:10 pm
<b>#7213</b>	Mon - Fri 6:00 - 6:30 pm

<b>Sessions 1-3</b>	<b>Parkway Pool</b>
<b>#7210</b>	Mon - Fri 4:40 - 5:10 pm
<b>#7212</b>	Mon - Fri 6:00 - 6:30 pm

### Adult Swimming Lessons

**Ages: 17 & over**

All skill levels. Call each pool for times.

**Session Fee:** \$35 Resident  
\$45 Non-Resident

### Single Use Pool Admission

Seniors \$2.00 Adults \$3.00

### Quarterly Pool Passes

Passes are available, and will be sold at the beginning of each quarter. Pass fees will not be prorated.

1. January - March	2. April - June
3. July - Sept	4. Oct - Dec

**Adult Pass Fee:** \$50 Resident  
\$75 Non-Resident

**Senior Pass Fee:** \$40 Resident  
\$60 Non-Resident

**Family Pass Fee:** \$75 Resident  
\$113 Non-Resident

**Ten Swim Pass Fee:** \$24 Adult  
\$18 Senior

**Annual Pass Fee:** \$175 Adult Resident  
\$263 Adult Non-Resident  
\$135 Senior Resident  
\$203 Senior Non-Resident

### Lap Swim

Swim laps in a comfortable, outdoor, heated pool at Lap Swim.

	<b>Loma Verde Pool</b>
Mon - Fri	6:00 - 8:00 am
Mon - Fri	11:00 am - 1:00 pm

	<b>Parkway Pool</b>
Mon - Fri	6:00 - 8:00 am
Mon - Fri	11:00 am - 1:00 pm

### Private Swimming Lessons

Private and semi-private swimming lessons are available for all ages and abilities. For more info contact Loma Verde Pool at (619) 691-5081 or Parkway Pool at (619) 691-5088.

### Deep Water Exercise

Class uses modern water exercise methods such as walking, running and conditioning to give you a great cardiovascular workout.

**Instructor:** P. Hagel  
**Resident Fee:** \$30/10 swims or \$4 per visit  
**Non-Resident Fee:** \$35/10 swims or \$5 per visit

**Loma Verde Pool**

Thru November 22 M, W, F 12:00 - 1:00 pm

### Water Aerobics

If you have back problems, arthritis, or want to achieve better cardio respiratory fitness without high-impact, join us for water aerobics.

**Instructor:** P. Hagel  
**Resident Fee:** \$30/10 swims or \$4 per visit  
**Non-Resident Fee:** \$35/10 swims or \$5 per visit

**Loma Verde Pool**

Thru November 22

M, W, F 11:00 am - 12:00 pm  
M, W, F 7:00 - 8:00 pm

### Chula Vista Diving

Competitive springboard diving for beginners and experts. No age limit. For more info call (619) 691-5081.

**Coach:** T. Crosby  
**Loma Verde Pool**  
Mon, Wed 4:00 - 5:30 pm

### South Bay Aquatics

Competitive swim team is open to swimmers 6 and older who can swim 25 yards freestyle and backstroke (deep water style). Emphasis is on all techniques of stroke and turns used to compete in local competitions. [www.southbayaquatics.org](http://www.southbayaquatics.org).

### "Swim Baja"



Longitude, latitude for positive attitude. Choose your destination. Track your swim, bike, or run/walk mileage while on your way to a healthier lifestyle. Prizes for mile markers achieved. Call pools for information.